

# **Launceston Medical Centre**



**2018-2021 Directory compiled by  
Launceston Medical Centre PPG**

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## Introduction

Social prescribing, sometimes referred to as community referral, is a means of enabling GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services.

Recognising that people's health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Social prescribing schemes can involve a variety of activities which are typically provided by voluntary and community sector organisations. Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports.

In this Directory, we hope to include a comprehensive list of organisations that can help our patients to lead a happier, healthier and fulfilled life and to assist the Medical Staff in providing care and support in our community.

Launceston Medical Centre Patient Participation Group

March 2019

## Addiction

### **Alcoholics Anonymous**

**Tel:** 01904 644026

**Email:** [help@aamail.org](mailto:help@aamail.org)

**Web:** <https://www.alcoholics-anonymous.org.uk>

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### **We Are with You (formerly Addaction) (Drugs/Alcohol)**

6 Church Street, Liskeard, PL14 3AG

**Tel:** 01579 340616

**Web:** [www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)

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## Advice

### **Cornwall Family Information Service**

39 Penwinnick Road, St Austell, PL25 5DR

**Tel:** 01872 323535

**Email:** [fis@cornwall.gov.uk](mailto:fis@cornwall.gov.uk)

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### **Cornwall Rural Community Charity**

CRCC, 2 Princes Street, Truro, TR1 2ES

**Tel:** 01872 273952

**Email:** [info@cornwallrcc.org.uk](mailto:info@cornwallrcc.org.uk)

**Web:** <https://www.cornwallrcc.org.uk>

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## **Launceston Citizen's Advice Bureau**

The Orchard Centre, Market Street, Launceston, PL15 8AU

**Tel:** 03444 111444

**Web:** <https://www.citizensadvicecornwall.org.uk/2019/05/20/citizens-advice-launches-new-services-for-launceston/>

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## **Launceston Money Advice Centre**

The Gateway Centre, Madford Lane, Launceston, PL15 9EG

**Tel:** 03444 111444

**Email:** [office@launcestonmoney.co.uk](mailto:office@launcestonmoney.co.uk)

**Web:** <http://www.launcestonmoney.co.uk>

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## **Housing Support (Shelter)**

Palace Building, Quay Street, Truro, TR1 2HE

**Tel:** 0344 5152300

**Email:** [cornwall@shelter.org.uk](mailto:cornwall@shelter.org.uk)

**Web:** [https://england.shelter.org.uk/housing\\_advice/housing\\_support](https://england.shelter.org.uk/housing_advice/housing_support)

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# **Children / Young Adults**

## **Children's Social Care**

Westbourne House, West Street, Liskeard, PL14 6BY

**Tel:** 0300 1234 101

**Web:** <https://www.cornwall.gov.uk/health-and-social-care/childrens-services/childrens-social-care-offices>

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## **Hi-5 TalkTime Cafe**

Bangors Former Methodist Church, Poundstock, Bude, EX23 0DP

**Tel:** 07770725807 / 07968913621

**Email:** [hi-5talktimecafe@hotmail.com](mailto:hi-5talktimecafe@hotmail.com)

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## **Kernow Young Carers**

Helford House, May Court, Truro Business Park, Threemilestone, TR4 9LD

**Tel:** 01872 321486

**Web:** <https://www.kernowyoungcarers.org>

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## **Launceston Children's Centre**

Launceston Children's Centre, Coronation Park, Launceston, PL15 9DQ

**Tel:** 01566 770823

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## **Orchard Centre (Launceston Youth Partnership)**

Orchard Centre, Market Street, Launceston, PL15 8AU

**Tel:** 01566 777355

**Email:** [manager@orchardcentre.org](mailto:manager@orchardcentre.org)

# Dementia

## **Bude Memory Café**

Parkhouse Centre, Bude, EX23 8LD

**Tel:** 01288 356060

**Email:** [kimanddannie.tresidder@hotmail.com](mailto:kimanddannie.tresidder@hotmail.com)

**Web:** <https://www.cornwallmemorycafes.co.uk/the-cafes/west-cornwall-cafes/bude-memory-cafe/>

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## **Callington Memory Café**

Callington Town Hall, Callington, PL17 7BD

**Tel:** 01579 393066

**Email:** [john.ware3791@btinternet.com](mailto:john.ware3791@btinternet.com)

**Web:** <https://www.cornwallmemorycafes.co.uk/the-cafes/west-cornwall-cafes/callington-memory-cafe/>

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## **Gorfenna Community**

Gorfenna, St Ive, PL14 3LX

**Tel:** 01579 384810

**Email:** [community@gorfenna.co.uk](mailto:community@gorfenna.co.uk)

**Web:** <http://www.gorfenna.co.uk>

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## **Camelford Memory Café**

Camelford Hall, Clease Road Car Park, Camelford, PL32 9TH

**Tel:** 01840 212780

**Email:** [jigs.moore@hotmail.co.uk](mailto:jigs.moore@hotmail.co.uk)

**Web:** <https://www.cornwallmemorycafes.co.uk/the-cafes/west-cornwall-cafes/camelford-memory-cafe/>

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## **Launceston Memory Café**

Central Methodist Church, Castle Street, Launceston, PL15 8BA

**Tel:** 01566 774425

**Email:** [cymdowning@btinternet.com](mailto:cymdowning@btinternet.com)

**Web:** <http://www.memorycafelaunceston.org.uk>

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## **Pensilva Memory Café**

St John's Church, Higher Road, Pensilva, PL14 5NF

**Tel:** 01579 362698

**Email:** [carolynandgeoff@gmail.com](mailto:carolynandgeoff@gmail.com)

**Web:** <https://www.cornwallmemorycafes.co.uk/the-cafes/west-cornwall-cafes/pensilvia-memory-cafe/>

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## **Purple Angels Dementia Awareness**

**Tel:** 01840 212780

**Email:** [jigs.moore@hotmail.co.uk](mailto:jigs.moore@hotmail.co.uk)

**Web:** <http://www.purpleangelmusic.co.uk/>



## Elderly Care

### Age UK Cornwall Helpline

Boscawen House, Chapel Hill, Truro TR1 3BN

Tel: 01872 266383

Email: [email@ageukcornwall.org.uk](mailto:email@ageukcornwall.org.uk)

Web: <https://www.ageuk.org.uk/cornwall>

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### Network U3A (University of the Third Age)

Central Methodist Church, Castle Street, Launceston, PL15 8BA

Tel: 01566 772640

Email: [vernon1996@outlook.com](mailto:vernon1996@outlook.com)

Web: <https://www.u3a.org.uk/>

## General Health

### Cornwall Partnership NHS Foundation Trust

Head Office, Carew House, Beacon Technology Park, Dunmere Road, Bodmin, PL31 2QN

Tel: 01872 266383

Web: <https://www.cornwallft.nhs.uk/community-nursing-teams/>

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### CRUSE Bereavement Counselling

Tel: 01726 761000

Web: <https://www.cruse.org.uk>

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## **Disability Cornwall**

Units 1G/H Guildford Road Industrial Estate, Guildford Road, Hayle, TR27 4QZ

**Tel:** 01736 759500

**Email:** [info@disabilitycornwall.org.uk](mailto:info@disabilitycornwall.org.uk)

**Web:** <http://www.disabilitycornwall.org.uk>

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## **FLEET (helping equip the AMBULANCE service)**

Pengale, 11 Westheath Avenue, Bodmin, PL31 1QH

**Tel:** 07977 445312

**Email:** [normantrebilcock@btinternet.com](mailto:normantrebilcock@btinternet.com)

**Web:** <http://www.fleet.org.uk>

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## **Hearing Loss Cornwall**

3 Walsingham Place, Truro, Cornwall, TR1 2RP

**Tel:** 01872 225 868

**Web:** <http://www.hearinglosscornwall.org>

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## **Get Active Cornwall**

**Tel:** 01872 323346

**Email:** [smageean@cornwall.gov.uk](mailto:smageean@cornwall.gov.uk)

**Web:** <http://www.getactivecornwall.co.uk>

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## **Isight Cornwall**

Truro Sight Centre, Newham Road, Truro, TR1 2DP

**Tel:** 01872 261110

**Email:** [info@isightcornwall.org.uk](mailto:info@isightcornwall.org.uk)

**Web:** <http://www.isightcornwall.org.uk>

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## **Launceston Fibromyalgia, M.E., CFS Wellness Peer Support Group**

Tel: 01208 815676

**Email:** [anne.vasey@rethink.org](mailto:anne.vasey@rethink.org)

**Web:** <https://www.meassociation.org.uk/2009/09/cornwall>

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## **Launceston Healthwise Club**

Launceston Town Hall, Westgate St, Launceston, PL15 7AR

**Tel:** 07967 790458

**Web:** <https://www.heartstogether.org.uk/keeping-the-community-active-phase-4-rehabilitation-launceston>

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## **Launceston Hospital**

Link Road, Launceston, PL15 9JD

**Tel:** 01566 761000

**Web:** <https://www.cornwallft.nhs.uk/launceston-community/>

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## **Launceston Walking Group**

**Web:** <https://en-gb.facebook.com/groups/Launcestonwalking>

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## **Launceston Visually Impaired Club**

**Tel:** 01566 782607

**Mob:** 07855 221209

**Email:** [k.biddick@btinternet.com](mailto:k.biddick@btinternet.com)

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## **League of Friends**

Launceston Hospital, Link Road, Launceston, PL15 9JD

**Tel:** 01566 765650

**Email:** [info@launcestonhospital-lof.org.uk](mailto:info@launcestonhospital-lof.org.uk)

**Web:** <https://www.facebook.com/loflaunceston/>

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## **Masta Travel Clinic**

Lisson Grove Medical Centre, 3-5 Lisson Grove, Plymouth, PL4 7D

**Tel:** 0330 1004288

**Web:** <https://www.masta-travel-health.com>

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## **Step into Learning**

Number One Business Centre, Western Road, Launceston, PL15 7FJ

**Tel:** 01566 770729

**Email:** [info@vlearningnet.org.uk](mailto:info@vlearningnet.org.uk)

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## **Stop Smoking Service (Healthy Cornwall)**

**Tel:** 01209 615600

**Email:** [hps.admin@cornwall.gov.uk](mailto:hps.admin@cornwall.gov.uk)

**Web:** <https://www.healthycornwall.org.uk/make-a-change/smokefree-cornwall/>

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## **Vital Dental Service**

11 Castle Street, Launceston, PL15 8BA

**Tel:** 01566 777337

**Email:** [complaints@vitaldentalservice.co.uk](mailto:complaints@vitaldentalservice.co.uk)

**Web:** <http://www.vitaldentalservice.co.uk>

## **Maternity**

### **Stillbirth Charity (SANDS)**

**Tel:** 07582 831478

**Email:** [cornwallsands@gmail.com](mailto:cornwallsands@gmail.com)

**Web:** <http://www.cornwallsands.weebly.com>

## **Mental Health**

### **Battling On**

Merryhue Farmhouse, Callington, PL17 7HW

**Tel:** 01579 384798

**Mob:** 07743 929286

**Email:** [rick@battling-on.com](mailto:rick@battling-on.com)

**Web:** <http://www.battling-on.com>

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### **Georgia's Voice (Mental Health Support for Young Women)**

**Email:** [sophie@georgiasvoice.co.uk](mailto:sophie@georgiasvoice.co.uk)

**Web:** <https://www.georgiasvoice.co.uk>

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## **Man Down (Men's Mental Health Support)**

**Email:** [support@mandowncornwall.co.uk](mailto:support@mandowncornwall.co.uk)

**Web:** <http://www.mandowncornwall.co.uk>

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## **Pentreath (Mental Health Support)**

St Ender, Newquay, Cornwall, TR8 5DF

**Tel:** 01726 862727

**Email:** [pentreath@pentreath.co.uk](mailto:pentreath@pentreath.co.uk)

**Web:** <https://pentreath.co.uk>

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## **Samaritans**

19 Treyew Rd, Truro, TR1 2BY

**Tel:** 116 123

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Web:** <https://www.samaritans.org/branches/samaritans-cornwall-truro>

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## **Suicide Liaison Service (Outlook South West)**

2D Restormel Estate, Lostwithiel, PL22 0HG

**Tel:** 01208 871905

**Email:** [help@outlooksw.co.uk](mailto:help@outlooksw.co.uk)

**Web:** <http://www.outlooksw.co.uk/suicide-liaison-service>

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## **Valued Lives**

57A Fore Street, Redruth, Cornwall, TR15 2AF

**Tel:** 01209 901438

**Email:** [info@valuedlives.co.uk](mailto:info@valuedlives.co.uk)

**Web:** <https://www.valuedlives.co.uk>

## **Sexual Health**

### **Brook Launceston (Sexual Advice)**

Launceston Minor Injury Unit, Longlands Unit, Launceston, PL15 9JD

**Tel:** 01209 710088

**Web:** <https://www.brook.org.uk>

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### **Yourship Sexual Health (Derriford)**

Derriford Hospital, Derriford Road, Crownhill, Plymouth, PL6 8DH

**Tel:** 01752 431124

**Web:** <https://www.plymouthhospitals.nhs.uk/your-ship>

## **Social**

### **Access Theatre**

Launceston Town Hall, Westgate Street, Launceston, PL15 7AR

**Tel:** 07807 984753

**Email:** [sarah@accesstheatre.org](mailto:sarah@accesstheatre.org)

**Web:** <http://www.accesstheatre.org>

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## **Bridge Church**

Southgate Tech Park, Pennygillam Ind. Est, Launceston, PL15 7ED

**Tel:** 07582 831478

**Web:** <http://www.bridgechurchuk.org/>

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## **Café Scientifique Launceston**

Eagle House, 3 Castle St, Launceston PL15 8BA

**Tel:** 01566 774856

**Email:** [tregada16@gmail.com](mailto:tregada16@gmail.com)

**Web:** <http://www.cafescilaunceston.org>

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## **Cinema Club - Bridge Community Centre**

Southgate Tech Park, Pennygillam Ind. Est, Launceston, PL15 7ED

**Tel:** 07847 370763

**Email:** [admin@bridgechurchuk.org](mailto:admin@bridgechurchuk.org)

**Web:** <http://www.bridgechurch.org>

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## **Cowslip Studios**

Newhouse Farm, St Stephens, Launceston, PL15 8JX

**Tel:** 01566 772654

**Email:** [info@cowslipworkshops.co.uk](mailto:info@cowslipworkshops.co.uk)

**Web:** <https://www.cowslipworkshops.co.uk>

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### **FLIC (Community Film Club)**

Launceston Town Hall, PL15 7AR

**Tel:** 07790 058652

**Email:** [info@flic-launceston.co.uk](mailto:info@flic-launceston.co.uk)

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### **Kensey Vale Bowling Club**

1 Riverside, Newport, Launceston, PL15 8DH

**Tel:** 01566 774390

**Email:** [alan.addis@talktalk.net](mailto:alan.addis@talktalk.net)

**Web:** <http://www.kenseyvalebowlng.co.uk>

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### **Launceston Cricket Club**

The Cricket Ground, Lawhitton, Launceston, PL15 9LG

**Email:** [vickyandbill@btinternet.com](mailto:vickyandbill@btinternet.com)

**Web:** <https://launceston.play-cricket.com>

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### **Launceston Football Club**

1 Pennygillam Way, Launceston, PL15 7ED

**Tel:** 07717 707561

**Web:** <https://launcestonfc.wixsite.com/claretsonline>

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### **Launceston All Gauges Model Railway Group**

Dingley Hall, Central Methodist Church, Launceston, PL15 8BA

**Tel:** 07972 333202

**Email:** [les.whaley@talktalk.net](mailto:les.whaley@talktalk.net)

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## **Launceston Railway Circle**

Dingley Hall, Central Methodist Church, Launceston, PL15 8BA

**Tel:** 01566 779896

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## **Launceston Rugby Club**

Polson Bridge, Launceston, PL15 9QT

**Tel:** 01566 773406

**Email:** [info@cornishallblacks.com](mailto:info@cornishallblacks.com)

**Web:** <https://launceston.rfu.club/>

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## **Launceston Steam Railway**

St Thomas Road, Launceston, PL15 8DA

**Tel:** 01566 775665

**Web:** <http://launcestonsr.co.uk>

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## **Lawrence House Museum**

9 Castle Street, Launceston, PL15 8BA

**Tel:** 01566 773277

**Email:** [lawrencehousemuseum@yahoo.co.uk](mailto:lawrencehousemuseum@yahoo.co.uk)

**Web:** <https://lawrencehousemuseum.org.uk/>

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## **N Gauge Launceston Model Railway Group**

The Royal British Legion Club, 32 Westgate Street, Launceston, PL15 7AE

**Tel:** 01566 774622

**Email:** [les.whaley@talktalk.net](mailto:les.whaley@talktalk.net)

**Web:** <http://www.modelrailwayclubs.co.uk/clubs/cornwall/n-gauge-launceston-group#email-modal>

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## **SSAFA (Armed Forces)**

**Tel:** 01822 832204

**Email:** [cornwall@ssafa.org.uk](mailto:cornwall@ssafa.org.uk)

**Web:** <https://www.ssafa.org.uk/>

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## **Stamp Club**

Eagle House Hotel, Launceston, PL15 8BA

**Tel:** 01566 772846

**Web:**  
[http://www.abps.org.uk/Societies\\_and\\_Federations/Local\\_Societies/Societies/launceston.xalter](http://www.abps.org.uk/Societies_and_Federations/Local_Societies/Societies/launceston.xalter)

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## **The Community Garden & Greenhouse Project CIC**

Mill Lane Acres, Lower Metherill, Callington, PL15 8BJ

**Tel:** 07927 202835

**Web:** <http://www.brockleyfarm.com>

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## **UK Men's Sheds Association**

Henleaze House, 13 Harbury Road, Henleaze, BS9 4PN

**Tel:** 0330 7729626

**Email:** [admin@ukmsa.org.uk](mailto:admin@ukmsa.org.uk)

**Web:** <https://www.menssheds.org.uk>

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## **Wednesday Fellowship Meeting**

Central Methodist Church, Castle Street, Launceston, PL15 8BA

**Email:** [david@lamc.org.uk](mailto:david@lamc.org.uk)

**Web:** <http://www.central-methodist.org.uk/>

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## **Werrington Cricket Club**

Werrington Cricket Club, Ladycross, Werrington Park, Launceston, PL15 8TR

**Tel:** 01566 773629

**Email:** [lincob@gmail.com](mailto:lincob@gmail.com)

**Web:** <http://werringtoncc.play-cricket.com>

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# **Transport**

## **Little Red Bus**

LCTP, Orchard House, Market Street, Launceston, Cornwall. PL15 8AU

**Tel:** 01566 777960

**Web:** <http://www.littleredbus.org.uk>

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## **TAP Transport (Age UK) Hospital Car Transport using local cars**

**Tel:** 01872 223388

**Web:** <https://www.ageuk.org.uk/cornwall/our-services/transport-services>

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## **Tavistock Area Support Services (TASS) - Voluntary Car Service**

The Anchorage Centre, Chapel Street, Tavistock, PL19 8AG

**Tel:** 01822 617525

**Email:** [transport@tasstavistock.org.uk](mailto:transport@tasstavistock.org.uk)

**Web:** <http://tasstavistock.org.uk>

# **Victim Support**

## **Bosvean - Support for Homeless Women**

Dunheved Road, Launceston, PL15 9JG

**Tel:** 0300 3047980

**Email:** [Michelle.Nicholls@homegroup.org.uk](mailto:Michelle.Nicholls@homegroup.org.uk)

**Web:** <https://www.homegroup.org.uk/>

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## **The Women's Centre Cornwall**

The Women's Centre, PO Box 39, Bodmin, PL31 1XF

**Tel:** 01208 76466

**Web:** <https://www.womenscentrecornwall.org.uk>

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## **Victim Support (Plymouth)**

Gatehouse Offices, Plymouth, PL5 4AB

**Tel:** 0845 4566099

**Web:** <http://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/south-west/devon-and-cornwall>

## **Launceston PPG**

Launceston Patient Participation Group is made up of individuals and representatives of community groups – all volunteers and registered patients of the Medical Centre.

### **Our aim**

The group's main aim is to provide two-way communication between Launceston Medical Centre and those who use the Centre – in order to help staff provide the best care and patients to make best use of the services.

We support the Medical Centre in its efforts to provide the best possible service by:

- Informing Patients – through the media and at community events –about Medical Centre plans.
- Encouraging feedback from Patients about the Medical Centre plans.
- Discussing Patient suggestions with Medical Centre staff and telling the Patients what actions are taken.
- Bringing Patient queries (not those related to personal medical treatment) to the Medical Centre staff.

- Acting as volunteers on occasions when the Medical Centre might need additional helpers (e.g. flu clinics).
- Compiling this Directory of local organisations to help with the Social Prescribing initiative.

## Further Information

### **The Cornwall Link**

**Tel:** 01872 266383

**Web:** <https://cornwall-link.co.uk/>